

LAMPIRAN

Lampiran 1. Uji Validitas dan Reliabilitas Instrumen

1. Validitas dan Reliabilitas Instrumen *Marriage Readiness Scale*

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
KM1	73.28	525.328	.260	.953
KM2	74.40	494.056	.676	.950
KM3	74.34	515.727	.396	.952
KM4	74.80	496.225	.695	.949
KM5	74.83	490.612	.770	.949
KM6	74.86	491.652	.734	.949
KM7	74.37	496.455	.727	.949
KM8	74.45	491.970	.846	.948
KM9	74.46	497.846	.766	.949
KM10	74.57	492.687	.824	.948
KM11	75.91	527.054	.313	.952
KM12	75.77	525.118	.293	.953
KM13	75.91	527.460	.333	.952
KM14	76.02	532.234	.263	.953
KM15	75.42	508.778	.536	.951
KM16	76.03	529.062	.296	.952
KM17	75.86	523.684	.404	.952
KM18	74.51	493.848	.781	.949
KM19	74.58	498.965	.706	.949
KM20	74.32	493.003	.835	.948
KM21	74.37	502.455	.661	.950
KM22	73.43	526.062	.284	.953
KM23	74.23	498.087	.674	.950
KM24	74.51	493.035	.766	.949
KM25	74.37	493.424	.813	.948
KM26	74.48	492.253	.842	.948
KM27	74.55	495.282	.804	.948
KM28	74.08	496.478	.691	.949
KM29	74.08	498.353	.631	.950

Reliability Statistics

Cronbach's Alpha	N of Items
.952	29

2. Validitas dan Reliabilitas Instrumen *Revised Adult Attachment Scale*

a. Subskala *Close*

Reliability Statistics

Cronbach's Alpha	N of Items
.748	6

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
AAS1	17.98	15.042	.210	.776
AAS6	17.98	11.680	.694	.654
AAS8R	17.85	11.574	.677	.656
AAS12	17.67	14.014	.500	.715
AAS13R	18.35	11.425	.564	.688
AAS17R	19.13	12.622	.361	.756

b. Subskala *Depend*

Reliability Statistics

Cronbach's Alpha	N of Items
.634	6

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
AAS2R	15.02	13.212	.269	.624
AAS5	14.71	12.254	.321	.608
AAS7R	13.83	11.801	.390	.581
AAS14	13.52	12.383	.343	.599
AAS16R	14.42	11.014	.447	.556
AAS18R	14.44	11.953	.417	.572

c. Subskala *Anxiety*

Reliability Statistics

Cronbach's Alpha	N of Items
.858	6

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
AAS3	17.40	19.691	.677	.828
AAS4	18.23	20.478	.546	.853
AAS9	17.58	19.312	.730	.819
AAS10	17.27	20.883	.604	.842
AAS11	17.29	19.445	.756	.815
AAS15	17.44	19.443	.595	.846

Lampiran 2. Uji Analisis Data

1. Uji Normalitas Kesiapan Menikah

One-Sample Kolmogorov-Smirnov Test

TotalSkorKM		
N		259
Normal Parameters ^{a,b}	Mean	86.25
	Std. Deviation	25.766
Most Extreme Differences	Absolute	.064
	Positive	.054
	Negative	-.064
Test Statistic		.064
Asymp. Sig. (2-tailed)		.013 ^c

a. Test distribution is Normal.

b. Calculated from data.

c. Lilliefors Significance Correction.

2. Uji Multikolinearitas

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics	
		B	Std. Error	Beta			Tolerance	VIF
1	(Constant)	85.702	2.399		35.721	.000		
	Secure	5.076	4.510	.075	1.126	.261	.868	1.152
	Avoidant	-15.202	7.774	-.124	-1.955	.052	.949	1.054
	Anxious	1.094	3.635	.020	.301	.764	.855	1.170

a. Dependent Variable: TotalSkorKM

3. Uji Regresi dengan Dummy Variabel

a. Dummy Variabel

Variable Creation

	Label
D_AttachmentStyle_1	AttachmentStyle=Missing
D_AttachmentStyle_2	AttachmentStyle=Secure
D_AttachmentStyle_3	AttachmentStyle=Avoidant
D_AttachmentStyle_4	AttachmentStyle=Anxious

b. Regresi

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.152 ^a	.023	.012	25.616

a. Predictors: (Constant), Anxious, Avoidant, Secure

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	3959.732	3	1319.911	2.011	.113 ^b
	Residual	167326.956	255	656.184		
	Total	171286.687	258			

a. Dependent Variable: TotalSkorKM

b. Predictors: (Constant), Anxious, Avoidant, Secure

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	85.702	2.399		35.721	.000
	Secure	5.076	4.510	.075	1.126	.261
	Avoidant	-15.202	7.774	-.124	-1.955	.052
	Anxious	1.094	3.635	.020	.301	.764

a. Dependent Variable: TotalSkorKM

7. Uji Beda

a. Usia

ANOVA

TotalSkorKM

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	15813.259	10	1581.326	2.522	.007
Within Groups	155473.428	248	626.909		
Total	171286.687	258			

b. Jenis Kelamin

ANOVA

TotalSkorKM

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	285.990	1	285.990	.430	.513
Within Groups	171000.698	257	665.372		
Total	171286.687	258			

c. Agama

ANOVA

TotalSkorKM

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	944.431	4	236.108	.352	.842
Within Groups	170342.256	254	670.639		
Total	171286.687	258			

d. Domisili

ANOVA

TotalSkorKM

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	16397.643	25	655.906	.987	.486
Within Groups	154889.044	233	664.760		
Total	171286.687	258			

e. Suku

ANOVA

TotalSkorKM

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	8268.361	22	375.835	.543	.954
Within Groups	162683.937	235	692.272		
Total	170952.298	257			

f. Status Utama

ANOVA

TotalSkorKM

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	22714.554	6	3785.759	6.421	.000
Within Groups	148572.133	252	589.572		
Total	171286.687	258			

g. Pendapatan

ANOVA

TotalSkorKM

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	17830.154	5	3566.031	5.879	.000
Within Groups	153456.533	253	606.548		
Total	171286.687	258			

h. Pendidikan Terakhir

ANOVA

TotalSkorKM

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	9370.643	4	2342.661	3.675	.006
Within Groups	161916.045	254	637.465		
Total	171286.687	258			

i. Status Hubungan

ANOVA

TotalSkorKM

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	5017.670	3	1672.557	2.556	.056
Within Groups	165562.058	253	654.395		
Total	170579.728	256			

j. Terakhir Kali Menjalini Hubungan

ANOVA

TotalSkorKM

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	17120.001	6	2853.334	4.664	.000
Within Groups	154166.686	252	611.773		
Total	171286.687	258			

k. Durasi Menjalini Hubungan

ANOVA

TotalSkorKM

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	9389.115	5	1877.823	2.935	.014
Within Groups	161897.572	253	639.911		
Total	171286.687	258			

8. Tabulasi Silang Usia, Status Utama, Pendapatan, Pendidikan Terakhir, Terakhir Kali Menjalini Hubungan, dan Durasi Menjalini Hubungan

Usia * KategoriKM Crosstabulation					
Usia		KategoriKM			Total
		Belum Siap	Cukup Siap	Siap	
20	Count	10	11	1	22
	% within KategoriKM	19.6%	6.5%	2.6%	8.5%
	% of Total	3.9%	4.2%	0.4%	8.5%
21	Count	7	36	8	51
	% within KategoriKM	13.7%	21.3%	20.5%	19.7%
	% of Total	2.7%	13.9%	3.1%	19.7%
22	Count	18	47	7	72
	% within KategoriKM	35.3%	27.8%	17.9%	27.8%
	% of Total	6.9%	18.1%	2.7%	27.8%
23	Count	8	23	4	35
	% within KategoriKM	15.7%	13.6%	10.3%	13.5%
	% of Total	3.1%	8.9%	1.5%	13.5%
24	Count	4	12	8	24
	% within KategoriKM	7.8%	7.1%	20.5%	9.3%
	% of Total	1.5%	4.6%	3.1%	9.3%
25	Count	1	12	5	18
	% within KategoriKM	2.0%	7.1%	12.8%	6.9%
	% of Total	0.4%	4.6%	1.9%	6.9%
26	Count	1	8	3	12
	% within KategoriKM	2.0%	4.7%	7.7%	4.6%
	% of Total	0.4%	3.1%	1.2%	4.6%
27	Count	1	8	1	10
	% within KategoriKM	2.0%	4.7%	2.6%	3.9%
	% of Total	0.4%	3.1%	0.4%	3.9%
28	Count	1	3	2	6
	% within KategoriKM	2.0%	1.8%	5.1%	2.3%
	% of Total	0.4%	1.2%	0.8%	2.3%
29	Count	0	4	0	4
	% within KategoriKM	0.0%	2.4%	0.0%	1.5%
	% of Total	0.0%	1.5%	0.0%	1.5%
30	Count	0	5	0	5
	% within KategoriKM	0.0%	3.0%	0.0%	1.9%
	% of Total	0.0%	1.9%	0.0%	1.9%
Total	Count	51	169	39	259
	% within KategoriKM	100.0%	100.0%	100.0%	100.0%
	% of Total	19.7%	65.3%	15.1%	100.0%

Status Utama * KategoriKM Crosstabulation

			KategoriKM			
			Belum Siap	Cukup Siap	Siap	Total
Status Utama	Mahasiswa	Count	39	89	10	138
		% within KategoriKM	76.5%	52.7%	25.6%	53.3%
		% of Total	15.1%	34.4%	3.9%	53.3%
	Pekerja Full Time	Count	8	51	24	83
		% within KategoriKM	15.7%	30.2%	61.5%	32.0%
		% of Total	3.1%	19.7%	9.3%	32.0%
	Pekerja Part Time	Count	1	12	3	16
		% within KategoriKM	2.0%	7.1%	7.7%	6.2%
		% of Total	0.4%	4.6%	1.2%	6.2%
	Wirausaha	Count	0	5	2	7
		% within KategoriKM	0.0%	3.0%	5.1%	2.7%
		% of Total	0.0%	1.9%	0.8%	2.7%
	Tidak Bekerja (mencari kerja)	Count	2	6	0	8
		% within KategoriKM	3.9%	3.6%	0.0%	3.1%
		% of Total	0.8%	2.3%	0.0%	3.1%
	Mahasiswa dan Karyawan Magang	Count	1	3	0	4
		% within KategoriKM	2.0%	1.8%	0.0%	1.5%
		% of Total	0.4%	1.2%	0.0%	1.5%
	Freelancer	Count	0	3	0	3
		% within KategoriKM	0.0%	1.8%	0.0%	1.2%
		% of Total	0.0%	1.2%	0.0%	1.2%
Total	Count	51	169	39	259	
	% within KategoriKM	100.0%	100.0%	100.0%	100.0%	
	% of Total	19.7%	65.3%	15.1%	100.0%	

Pendapatan * KategoriKM Crosstabulation

			KategoriKM			Total
			Belum Siap	Cukup Siap	Siap	
Pendapatan	0.-	Count	8	24	2	34
		% within KategoriKM	15.7%	14.2%	5.1%	13.1%
		% of Total	3.1%	9.3%	0.8%	13.1%
	< Rp4.000.000,-	Count	38	88	18	144
		% within KategoriKM	74.5%	52.1%	46.2%	55.6%
		% of Total	14.7%	34.0%	6.9%	55.6%
	Rp4.000.000,- --- Rp6.000.000,-	Count	2	35	16	53
		% within KategoriKM	3.9%	20.7%	41.0%	20.5%
		% of Total	0.8%	13.5%	6.2%	20.5%
	Rp6.000.000,- --- Rp8.000.000,-	Count	2	11	0	13
		% within KategoriKM	3.9%	6.5%	0.0%	5.0%
		% of Total	0.8%	4.2%	0.0%	5.0%
	Rp8.000.000,- --- Rp10.000.000,-	Count	0	7	3	10
		% within KategoriKM	0.0%	4.1%	7.7%	3.9%
		% of Total	0.0%	2.7%	1.2%	3.9%
	> Rp10.000.000,-	Count	1	4	0	5
		% within KategoriKM	2.0%	2.4%	0.0%	1.9%
		% of Total	0.4%	1.5%	0.0%	1.9%
Total	Count	51	169	39	259	
	% within KategoriKM	100.0%	100.0%	100.0%	100.0%	
	% of Total	19.7%	65.3%	15.1%	100.0%	

Pendidikan Terakhir * KategoriKM Crosstabulation

			KategoriKM			Total
			Belum Siap	Cukup Siap	Siap	
Pendidikan Terakhir	SMA/SMK	Count	39	96	15	150
		% within KategoriKM	76.5%	56.8%	38.5%	57.9%
		% of Total	15.1%	37.1%	5.8%	57.9%
	D3	Count	1	4	0	5
		% within KategoriKM	2.0%	2.4%	0.0%	1.9%
		% of Total	0.4%	1.5%	0.0%	1.9%
	D4	Count	1	3	2	6
		% within KategoriKM	2.0%	1.8%	5.1%	2.3%
		% of Total	0.4%	1.2%	0.8%	2.3%
	S1	Count	10	63	21	94
		% within KategoriKM	19.6%	37.3%	53.8%	36.3%
		% of Total	3.9%	24.3%	8.1%	36.3%
	S2	Count	0	3	1	4
		% within KategoriKM	0.0%	1.8%	2.6%	1.5%
		% of Total	0.0%	1.2%	0.4%	1.5%
Total		Count	51	169	39	259
		% within KategoriKM	100.0%	100.0%	100.0%	100.0%
		% of Total	19.7%	65.3%	15.1%	100.0%

Terakhir Kali Menjalini Hubungan * KategoriKM Crosstabulation

			KategoriKM			
			Belum Siap	Cukup Siap	Siap	Total
Terakhir Kali Menjalin Hubungan	Saat ini sedang menjalani hubungan romantis	Count	19	99	29	147
		% within KategoriKM	37.3%	58.6%	74.4%	56.8%
		% of Total	7.3%	38.2%	11.2%	56.8%
	< 12 bulan	Count	10	30	7	47
		% within KategoriKM	19.6%	17.8%	17.9%	18.1%
		% of Total	3.9%	11.6%	2.7%	18.1%
	13 - 24 bulan	Count	11	15	3	29
		% within KategoriKM	21.6%	8.9%	7.7%	11.2%
		% of Total	4.2%	5.8%	1.2%	11.2%
	25 - 36 bulan	Count	5	9	0	14
		% within KategoriKM	9.8%	5.3%	0.0%	5.4%
		% of Total	1.9%	3.5%	0.0%	5.4%
	37 - 48 bulan	Count	0	3	0	3
		% within KategoriKM	0.0%	1.8%	0.0%	1.2%
		% of Total	0.0%	1.2%	0.0%	1.2%
	49 - 60 bulan	Count	0	5	0	5
		% within KategoriKM	0.0%	3.0%	0.0%	1.9%
		% of Total	0.0%	1.9%	0.0%	1.9%
	> 60 bulan	Count	6	8	0	14
		% within KategoriKM	11.8%	4.7%	0.0%	5.4%
		% of Total	2.3%	3.1%	0.0%	5.4%
Total	Count	51	169	39	259	
	% within KategoriKM	100.0%	100.0%	100.0%	100.0%	
	% of Total	19.7%	65.3%	15.1%	100.0%	

Durasi Menjalين Hubungan * KategoriKM Crosstabulation

		KategoriKM			Total
		Belum Siap	Cukup Siap	Siap	
Durasi Menjalين Hubungan	< 12 bulan	Count	27	60	96
		% within KategoriKM	52.9%	35.5%	37.1%
		% of Total	10.4%	23.2%	37.1%
	13 - 24 bulan	Count	13	54	80
		% within KategoriKM	25.5%	32.0%	30.9%
		% of Total	5.0%	20.8%	30.9%
	25 - 36 bulan	Count	5	21	38
		% within KategoriKM	9.8%	12.4%	14.7%
		% of Total	1.9%	8.1%	14.7%
	37 - 48 bulan	Count	1	14	19
		% within KategoriKM	2.0%	8.3%	7.3%
		% of Total	0.4%	5.4%	7.3%
	49 - 60 bulan	Count	3	6	9
		% within KategoriKM	5.9%	3.6%	3.5%
		% of Total	1.2%	2.3%	3.5%
	> 60 bulan	Count	2	14	17
		% within KategoriKM	3.9%	8.3%	6.6%
		% of Total	0.8%	5.4%	6.6%
Total		Count	51	169	259
		% within KategoriKM	100.0%	100.0%	100.0%
		% of Total	19.7%	65.3%	100.0%



Lampiran 3. Pernyataan Validasi Instrumen

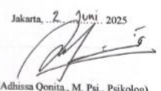
SURAT PERNYATAAN VALIDASI INSTRUMEN
EXPERT JUDGMENT

Saya yang bertanda tangan di bawah ini:

Nama : Adhisa Qonita, M. Psi., Psikolog
NIP : 199211052020122016
Program Studi : Psikologi
Pendidikan Terakhir : S2 Psikologi Profesi Pendidikan
Bidang Keahlian : Pendidikan
No. Telepon : 0857 5360 0660

Menyatakan bahwa instrumen *29-items Marriage Readiness Scale* yang telah divalidasi: dapat digunakan/~~perlu perbaikan~~/~~tidak dapat digunakan~~.

Demikian surat pernyataan ini dibuat untuk dapat digunakan sebagaimana mestinya. Atas kerjasamanya Ibu, saya ucapkan terima kasih.

Jakarta, 2 Juni 2025

(Adhisa Qonita, M. Psi., Psikolog)

SURAT PERNYATAAN VALIDASI INSTRUMEN
EXPERT JUDGMENT

Saya yang bertanda tangan di bawah ini:

Nama : Sri Juwita Kusumawardhani, M.Psi, Psikolog
NIP : 198811182022032005
Prodi : Psikologi
Pendidikan Terakhir : Profesi
Bidang Keahlian : Psikologi Sosial
No. Handphone : 08122160137

Menyatakan bahwa instrumen *29-items Marriage Readiness Scale* telah divalidasi: dapat digunakan/~~perlu perbaikan~~/~~tidak dapat digunakan~~.

Demikian surat pernyataan ini dibuat untuk dapat digunakan sebagaimana mestinya. Atas kerja samanya diucapkan terima kasih.

Jakarta, 26 Juni 2025

Dosen Pembimbing II **Mahasiswa Bimbingan**

Sri Juwita Kusumawardhani, M.Psi, Psikolog Alifanafisa Nurulkaumain Kristi

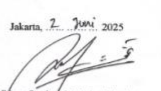
SURAT PERNYATAAN VALIDASI INSTRUMEN
EXPERT JUDGMENT

Saya yang bertanda tangan di bawah ini:

Nama : Adhisa Qonita, M. Psi., Psikolog
NIP : 199211052020122016
Program Studi : Psikologi
Pendidikan Terakhir : S2 Psikologi Profesi Pendidikan
Bidang Keahlian : Pendidikan
No. Telepon : 0857 5360 0660

Menyatakan bahwa instrumen *18-items Revised Adult Attachment Style (Close Relationship Version)* yang telah divalidasi: dapat digunakan/~~perlu perbaikan~~/~~tidak dapat digunakan~~.

Demikian surat pernyataan ini dibuat untuk dapat digunakan sebagaimana mestinya. Atas kerjasamanya Ibu, saya ucapkan terima kasih.

Jakarta, 2 Juni 2025

(Adhisa Qonita, M. Psi., Psikolog)

SURAT PERNYATAAN VALIDASI INSTRUMEN
EXPERT JUDGMENT

Saya yang bertanda tangan di bawah ini:

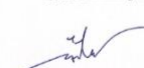
Nama : Sri Juwita Kusumawardhani, M.Psi, Psikolog
Prodi NIP : 198811182022032005
Prodi : Psikologi
Pendidikan Terakhir : Profesi
Bidang Keahlian : Psikologi Sosial
No. Handphone : 08122160137

Menyatakan bahwa instrumen *18-items Revised Adult Attachment Style (Close Relationship Version)* telah divalidasi: dapat digunakan/~~perlu perbaikan~~/~~tidak dapat digunakan~~.

Demikian surat pernyataan ini dibuat untuk dapat digunakan sebagaimana mestinya. Atas kerja samanya diucapkan terima kasih.

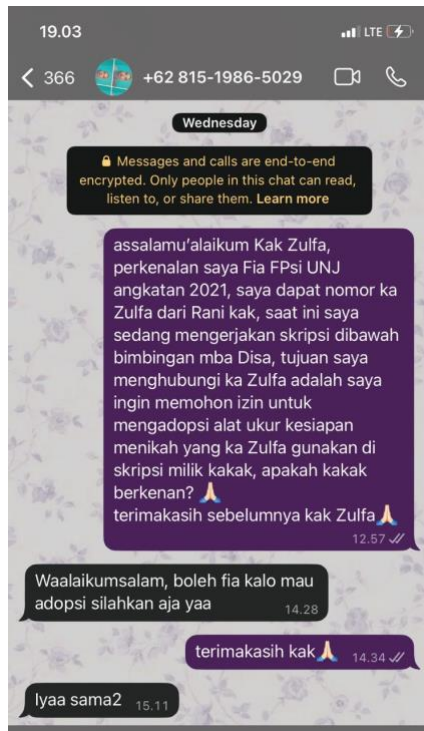
Jakarta, 26 Juni 2025

Dosen Pembimbing II **Mahasiswa Bimbingan**

Sri Juwita Kusumawardhani, M.Psi, Psikolog Alifanafisa Nurulkaumain Kristi

Lampiran 4. Izin Adaptasi dan Adopsi Instrumen



6/27/25, 7:05 PM

Gmail - Permission to Adapt the Revised Adult Attachment Scale (RAAS) and Theoretical Clarifications



Alifianafiisa .N .K <alifianafisakristi@gmail.com>

Permission to Adapt the Revised Adult Attachment Scale (RAAS) and Theoretical Clarifications

1 message

Alifianafiisa .N .K <alifianafisakristi@gmail.com>
To: ncollins@psych.ucsb.edu

Mon, Jun 9, 2025 at 5:43 PM

Dear Dr. Collins,

I hope this message finds you well. My name is Alifianafiisa Nurulkaunain Kristi, and I am currently an undergraduate psychology student at Jakarta State University in Indonesia. I am writing to request your permission to adapt the Revised Adult Attachment Scale (RAAS) into the Indonesian language for use in my undergraduate thesis research.

My thesis focuses on The Effect of Adult Attachment Styles (Secure, Avoidant, and Anxious) on Marital Readiness among Emerging Adults. I would like to use your revised scale as it aligns well with the conceptual framework of my study.

In addition, I would like to respectfully ask two questions related to the development of the RAAS:

1. From a theoretical standpoint (rather than a statistical one), what was the main reason behind shifting the focus from romantic relationships in the original version to close relationships in the revised version?
2. In the RAAS Close Version, when referring to "other people," does this term imply a specific close individual (e.g., a best friend or partner), or is it meant to represent close others more generally?

I hope you would be willing to answer my questions, and I would be truly grateful for your permission to adapt the scale for my thesis.

Thank you very much for your time, your important contributions to the field, and your consideration of my request.

Warm regards,
Alifianafiisa Nurulkaunain Kristi
Undergraduate Student of Psychology
Jakarta State University
Email: alifianafisakristi@gmail.com
Phone: (+62) 85899741435

Lampiran 5. Riwayat Hidup Peneliti



Alifianafiisa Nurulkaunain Kristi lahir di Jakarta, pada tanggal 18 Maret 2003, sebagai anak ke-1 dari pasangan Bapak Kristomi dan Ibu Kartika Ardhasih. Penulis menempuh pendidikan formal dimulai dari SDS Angkasa 4 Halim Perdanakusuma dan lulus pada tahun 2015. Selanjutnya melanjutkan pendidikan di SMPN 259 Jakarta dan lulus pada tahun 2018. Pendidikan tingkat menengah atas diselesaikan di SMAN 42 Jakarta pada tahun 2021. Kemudian, penulis diterima sebagai mahasiswa Program Studi Psikologi, Fakultas Psikologi, Universitas Negeri Jakarta melalui jalur Mandiri. Peneliti menjalani program Praktik Kerja Psikologi di PT Perusahaan Gas Negara (Pertamina Gas Negara) pada bulan Mei hingga Juli tahun 2024. Melalui penulisan skripsi ini, peneliti berharap dapat memberikan banyak manfaat dan pembelajaran bagi seluruh pembacanya. Bila ada kritik, saran, dan pertanyaan, silakan menghubungi email alifianafiisakristi@gmail.com.